What is claimed is:

l	1. A server for communicating content between a group of networked client computers
2	over a communications medium and displaying communications flows identifying a content
3	originator and a content receiver, said server comprising:

4 a memory

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- a processor storing and retrieving instructions from said memory;
- a network interface operably connecting said processor to the communications medium;
 - a communications module receiving content from an originating computer and transmitting said content to at least one target computer;
 - a graphical communication flow module integrated with said communications module and providing to each of the client computers a graphical representation of the group of networked computers, said graphical communication flow module graphically depicting communication flows showing the originating and target computer(s) corresponding to each content transmission by said communications interface.
- 2. The server according to claim 1, wherein said communications module transmits content selected from the group comprising voice, video and text.

3. The server according to claim 1, further comprisi	3. 7	The server	according	to claim	1, further	comprisir
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a voice communications monitor having a plurality of voice communication flags, one said flag corresponding to each client computer, only one said flag being active at any given time:

said communications module verifying a status of said plurality of voice communication flags in response to a voice content transmission request for a given client computer, and activating said corresponding voice communication flag if none of said voice communication flags is active, said communications interface processing voice content transmission requests only from a client computer whose corresponding voice communication flag is active.

- 4. The server according to claim 3, further comprising:
- a voice communication flag reset module for resetting said voice communication flags;
- a timer module triggers said flag reset module to reset said voice communications flags after a predetermined time interval.
- 5. The server according to claim 4, wherein said timer module includes a timer over-ride function for re-starting said predetermined time interval.
- 6. The server according to claim 1, wherein said graphical communication flow module graphically depicts each client computer using at least one of a dynamic video image received from said client computer and a still image.

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-	The server	according t	o ciann	1. Iuluici	comprising:
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- a library of feedback responses including at least one of text and graphic icons and sound clips; and
 - a feedback communications module communicating feedback responses to said graphical communication flow module, such that transmission of a feedback response from an originating client to a target client is visible to all of the networked client computers, said originating client providing feedback to the target client by selecting a feedback response from said library of feedback responses and sending said selected feedback response using said feedback communications module.
 - 8. The server according to claim 7, further comprising:
 - a feedback response editor for creating feedback responses and storing said custom feedback responses in said feedback response library.
 - 9. The server according to claim 1, wherein said graphical communication flow module depicts communication flows by varying visual characteristics of a graphic identifying the originating client and the sending client.
 - 10. The server according to claim 1, comprising:
- a virtual meeting room module providing at least one of open membership virtual

- meeting rooms and restricted membership meeting rooms, access to said restricted membership 3 meeting rooms being limited to select ones of the client computers;
- said communications interface being integrated with said virtual meeting room module 5
- and facilitating communications between client computers accessing a given said virtual meeting 6
- room. 7

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- 11. The server according to claim 10, comprising:
- an email module providing email communications while simultaneously displaying said graphical communication flows.
 - 12. The server according to claim 1, comprising:
- a shared documents window providing shared viewing access to one of a document and a video presentation, said shared documents window being integrated with said communications module and said graphical communication flow module such that a shared document may be viewed while simultaneously transmitting and receiving content and viewing communication flows.
- 13. The server according to claim 10, comprising: 1
- a virtual chalk board viewable to client computers accessing a given virtual meeting 2
- room; and 3

- a graphical editor facilitating drawing on said virtual chalkboard by client computers 4 accessing said given virtual meeting room. 5 14. The server according to claim 10, comprising: 1 a scheduler containing a directory of discussions occurring in said virtual meeting rooms, 2 said scheduler managing registration for said discussions. 3 15. A virtual office system, comprising: 1 a server computer having a nonvolatile storage medium; a plurality of client computers connected to said server computer via a communications medium; a graphical interface for displaying data to said client computers; a virtual floorplan stored on said nonvolatile storage medium and defining a plurality of virtual offices, said virtual floorplan being displayed by said graphical interface; a scheduler storing scheduling information on said nonvolatile storage medium for scheduling said plurality of virtual offices, said scheduling information including a directory 9 identifying a time, meeting identification information, and virtual office information uniquely 10 identifying a given said virtual office, said scheduling information being displayed by said 11 graphical interface; 12
 - a communications interface transmitting content from an originating client computer to at least one destination client computer;

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a graphical communication flow module graphically depicting to each client computer a representation of each of the participants of the meeting, said graphical communication flow module graphically depicting communication flows to all of the client computers showing the originating and destination client of content transmitted by the communications interface.

- 16. The virtual office system according to claim 15, comprising:
- a shared documents module displaying one of a text and a video image to each of the client computers accessing a given virtual meeting room, and facilitating manipulation of said image by a selected one of the client computers.
 - 17. The virtual office system according to claim 15, further comprising: an access control module restricting access to a selected virtual office; and an access request module for requesting access into said selected virtual office.
- 18. A method for conducting on-line training using a server computer connected to a plurality of client computers, comprising:
- providing a virtual meeting room on the server computer which is accessible to the client computers;
- graphically depicting a representation the virtual meeting room and each of the client computer users accessing the virtual meeting room;

7	communicating content from an originating client computer to at least one target client
8	computer using a messaging interface;
9	graphically depicting to each of the client computers a communications flow showing the
10	originating and target client computer(s) of content transmitted by said messaging interface; and
11	providing a simultaneous access window for displaying presentation materials to each of
12	the client computers accessing the virtual room; and
13	facilitating a structured discussion using the messaging system and the presentation
14	materials displayed in the simultaneous access window.
1	19. The method according to claim 18, comprising:
2	providing a presentation materials editor and a memory on the server for editing and
3	storing presentation materials for an on-line training seminar.
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1	20. The method according to claim 18, comprising:
2	providing a library of feedback responses, wherein an originating client may select a
3	given feedback response and specify a target client, and said messaging interface communicates
4 -	the feedback response to the target client.
1	21. The method according to claim 20, further comprising:

providing a feedback response editor for creating custom feedback responses.

]	l	22. The method according to claim 18, comprising:
2	2	providing a resource directory containing literature reviews related to the on-line training
3	3	topic.
	1	23. The method according to claim 18, comprising:
	2	providing an on-line workbook containing a series of exercises, said exercises including
	3	at least one of individual and group training exercises.
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the transfer over the transfer to the transfer	1	24. The method according to claim 18, comprising:
	2	providing a list of on-line group prompt statements which are delivered to the group by
iner will	3	one of a group leader and a group member to the group using the messaging system.
The state of the s	1	25. The method according to claim 18, comprising:
	2	providing a graphical ratings module which prompts members for a rating;
in the second	3	providing statistical analysis of the responses;
	4	graphically displaying each member's response to the ratings prompt such that each
	5	member views the responses of all the members and the results of the statistical analysis.
	1	26. The method according to claim 18, comprising:
	2	providing a diagnostic assessment module prompting members to answer a series of
	3	diagnostic questions; and

providing statistical analysis of each member's responses to the diagnostic questions. 4 27. The method according to claim 18, comprising: 1 tracking a number of messages sent and received by each member, and 2 tracking a total duration of voice messages transmitted and received by each member; 3 and 4 providing statistical analysis of each member's activity as measured by said number of 5 messages and said total duration of voice messages. 6 28. The method according to claim 18, comprising: recording messages and communications flows; and selectively replaying said messages in conjunction with redisplaying said communications flows. 29. An internet web site residing on a host and providing a structured communications environment for a plurality of client computers, said internet web site comprising: 2 a graphical interface displaying a plurality of virtual meeting rooms, a given virtual 3 meeting room being simultaneously accessible to selected ones of the client computers; 4 a communications interface receiving content from an originating client computer and 5

displaying said content to at least one destination client computer;

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said graphical interface displaying within each virtual meeting room a representation of the client computers accessing said corresponding virtual meeting room;

said graphical interface graphically depicting communication flows showing the originating and destination client computer(s) corresponding to each content transmission by said communications interface.

- 30. The internet web site according to claim 29, wherein said communications interface transmits content selected from the group comprising voice, video and text.
 - 31. The internet web site according to claim 29, further comprising:
- a voice communications traffic module providing for each virtual meeting room a plurality of voice communication flags, one said flag corresponding to each client computer, accessing a given virtual room, only one said flag being active in any virtual room at any given time;

said communications interface verifying a status of said plurality of voice communication flags within a given virtual room in response to a voice content transmission request by a client computer, and activating said corresponding voice communication flag if none of said voice communication flags within said given virtual meeting room is active, said communications interface processing voice content transmission requests only from a client computer whose corresponding voice communication flag is active.

1	32. The internet web site according to claim 31, further comprising:
2	a flag reset module for resetting a selected said voice communication flags;
3	a timer module triggers said flag reset module to reset said selected voice
4	communications flag after a predetermined time interval.
1	33. The internet web site according to claim 32, wherein said timer module includes a
2	timer over-ride function for re-starting said predetermined time interval.
1	34. The internet web site according to claim 29, wherein:
2	said graphical interface graphically depicts each client computer using at least one of a
3	dynamic video image received from said client computer and a still image stored on said host.
1	35. The internet web site according to claim 29, further comprising:
2	a library of feedback responses stored on the host;
3	said graphical interface enabling an originating said client computer to choose a selected
4	said feedback response and specify a target client for receipt of said selected feedback response,
5	said graphical interface displaying said feedback response and identifying an originating and

target client of the feedback response.

36. The internet web site according to claim 35, further comprising:

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accessing said given virtual meeting room.

1	40. The internet web site according to claim 29, further comprising:
2	a scheduler containing a directory of discussions occurring in said virtual meeting rooms,
3	said scheduler managing registration for said discussions.
1	41. A memory medium storing software for a communications system, comprising:
2	a graphical interface for displaying a plurality of virtual meeting rooms, a given virtual
3	meeting room being simultaneously accessible to selected ones of the client computers;
4	a communications interface for receiving content from an originating client computer and
5 6 7 8 9 10 10 10 10 10 10 10 10 10 10 10 10 10	displaying said content to at least one destination client computer;
6	said graphical interface displaying within each virtual meeting room a representation of
7	the client computers accessing said corresponding virtual meeting room;
8	said graphical interface graphically depicting communication flows showing the
5 9	originating and destination client computer(s) corresponding to each content transmission by said
10	communications interface.
1	42. A method for providing on-line counseling using a server computer connected to a
2	plurality of client computers, comprising:
3	storing a roster of authorized participants on the server said roster including identification
4	information specifying authorized client computers;
5	providing a virtual meeting room on the server computer which is accessible to the

authorized client computers;

7	graphically depicting a representation of the virtual meeting room including a graphical
8	representation of each of the authorized participants accessing the virtual meeting room;
9	communicating content from an originating client to at least one target client using a
10	messaging interface;
11	graphically depicting to each of the clients a communications flow showing the
12	originating and target client(s) of content transmitted by said messaging interface;
13	storing presentation material on the server;
14	providing a simultaneous access window for displaying the presentation materials to each
☐ ☐15	of the authorized client computers accessing the virtual meeting room; and
15 16 17 17	facilitating a structured discussion using the messaging interface and the presentation
17	materials displayed in the simultaneous access window.
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2	43. The method according to claim 42, comprising:
1 2 2	providing a library of feedback responses, wherein a member may provide feedback by
≟ 3	sending a feedback response from said library of feedback responses.